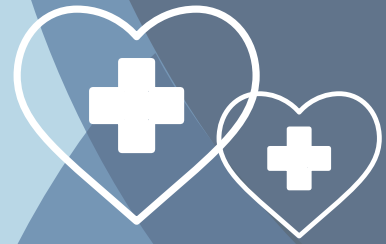


# MEASLES IS SPREADING. ACT EARLY.

Defend the people you love.



## Measles is very contagious:

- Spreads through the air
- Virus can stay in the air up to 2 hours
- You can get sick by being in the same room as an infected person



**Not sure if you are protected?**  
Check your immunity online or talk to your health care provider.

## MMR vaccine is the best protection.



- Recommended for anyone age 1 year and older who is not vaccinated
- Two doses provide strong protection for life
- Protects you and the people around you
- Serious side effects are extremely rare
- Millions of children are safely vaccinated each year

## What to know and do:



### Symptoms can appear 7 to 21 days after exposure. Watch for:

- Fever
- Cough
- Runny nose
- Red, watery eyes
- Rash that starts on the face and spreads



### What to know about exposure:

- Check exposure locations on the NCDHHS measles dashboard
- Monitor for symptoms for 7 to 21 days
- If you do not have symptoms, testing is not recommended



### If symptoms develop:

- Stay home and avoid others
- Call a medical provider, symptoms can worsen
- Call ahead before visiting a doctor's office or emergency room



### Learn more.

Find vaccine locations, check your immunity and view case updates: [ncdhhs.gov/measles](https://ncdhhs.gov/measles)

